

# Ultimate Guide For Getting Over Depression

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## Improving Self-Esteem

Bend over backwards to please people . Observe people carefully to see if they are ever

displeased with me (Dormant Low Self-Esteem)  
At-Risk Situation . Cancelled dinner with a friend because of work commitments . Negative Self-Evaluations "I am a useless and pathetic friend"  
"I don't deserve to have friends"